



MAY, 2017

THE FRANKLIN Connection

MONTHLY NEWSLETTER

The Franklin Senior Center
10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am-4:00pm

The Common Grounds

Café

Breakfast 8:30-10:00am
Lunch 11:30-1:00pm

Ben's Bounty



**New,
Larger
Gift Shop**

Mon-Fri 10:am-2:00pm

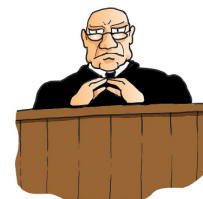


FACEBOOK:
franklinseniorcenter

TWITTER:
@FranklinSrCntr

TOWN WEBSITE:
<http://www.franklinma.gov/franklin-senior-center>

DEDHAM COURT HOUSE TOUR & LUNCH



Norfolk District Attorney, Michael Morrissey, is pleased to announce a new Elder Courthouse Tour Program for Norfolk County residents. Franklin seniors are invited to attend a half day event on Tuesday, May 30, from 11:00 a.m. to 4:00 p.m., which will include a tour of the Norfolk Superior Courthouse, viewing of a criminal court session, meet and greet with court staff and District Attorney employees, complimentary food and beverages. Please sign up at the Franklin Senior Center. Space is limited! Transportation from the Franklin Senior Center will be provided by **Sheriff Michael Bellotti**. The van leaves the Senior Center at 11:00 a.m. and will return by 4:00 p.m. Many thanks to the District Attorney for hosting this fun and educational event!



MEMORIAL DAY BREAKFAST AT THE SENIOR CENTER

Join us on Friday, May 26, at 9:00 a.m. at the Senior Center when we will honor all Korean War veterans with a special dedication of the Harry Bean Memorial Street Sign. Franklin's **Director of Veterans' Services, Dale Kurtz**, is looking for local Korean War Veterans; **see the notice about the KOREAN AMBASSADOR FOR PEACE MEDAL on page 6**. Contact the Veterans Services Officer (508) 613-1315 for details about the Peace Medal. Call the Senior Center at (508) 520-4945 to register for the breakfast.

DEAN COLLEGE
STELLA JEON
LECTURE SERIES



STELLA JEON LECTURE, "SOCIAL MOVEMENTS"

Why do people engage in the latest dance fad? Why do people protest? Why do people have to buy the "it" toy each holiday season? How do social movements emerge? What tactics are used and what makes a social movement successful? This lecture will explore these and other questions about collective behavior and social movements. **Dr. Kristin Holster, Associate Professor of Sociology** and the Social Science Coordinator at Dean College, will speak on Tuesday, May 9, at 10:00 a.m. Please call to sign up.

UPCOMING EVENTS....

MONDAY, MAY 1: BOOK DISCUSSION GROUP discusses *The Art of Racing in the Rain* by Garth Stein at 11:00 a.m.

FRIDAY, MAY 5: THE SOCIAL CIRCLE meets at 10:00 a.m.; call for more info. *You've got a friend!*



FRIDAY, MAY 5: YELLOW DOT PROGRAM & SENIOR PHOTO ID CARDS at 11:00 a.m. with the Norfolk County Sheriff's Office. Yellow Dot gives emergency first responders at auto accidents vital medical info of crash victims. For the Photo ID, bring a valid MA drivers License, US Passport or RMV Photo ID. Call to sign up.

FRIDAY, MAY 5 & 19: HELP WITH SMARTPHONES & TABLETS offered by Horace Mann students at 2pm. Get your questions in before they go on summer break! Please call to sign up.

MONDAY, MAY 8: GENEALOGY WORKSHOP with Toni at 10:00 a.m.; use our Computer lab for research.

TUESDAY, MAY 9: LOW VISION SUPPORT GROUP meets at 1:00 p.m. Please call to sign up.

TUESDAY, MAY 9: STELLA JEON DEAN COLLEGE LECTURE: SOCIAL MOVEMENTS at 10:00 a.m. A social movement carries out, resists or undoes social change. Learn more at this lecture; see page 1.

FRIDAY, MAY 12: REIKI DEMONSTRATION at 10:30 a.m. with Jill. Reiki is a complementary health approach where practitioners place their hands lightly on or just above a person to elicit the person's healing response. For some, it helps with pain and promotes relaxation. Sessions start on May 19 for \$20 per 15 minutes.

WEDNESDAY, MAY 17: INTRO TO STAGED READING with Mel Howards at 11:00 a.m. We will perform a play by reading from a script. It a great way to enjoy "acting" without having to remember lines and worry about costumes! Mel is our director and will guide us through the process so we can stage a play at the Center.

THURSDAY, MAY 18: MEMORY CAFÉ, A POSITIVE PLACE at 3:00 p.m. A welcoming place where those living with memory changes can enjoy a few hours of socializing. Join us for a fun trivia session. Call to sign up.

THURSDAY, MAY 18: CREATE BEAUTIFUL GREETING CARDS with Diana at 1:00 p.m. We supply all the materials and guidance to help you make stunning cards. Please call to sign up.

FRIDAY, MAY 19: FIVE WISHES ADVANCED DIRECTIVE at 9:00 a.m. *Five Wishes* lets you control how you will be treated if you become seriously ill by addressing your personal, emotional and spiritual needs. It is valid under Massachusetts law. **Wellness Nurse, Linda Hastings**, will distribute and review this tool. Call to sign up.

WEDNESDAY, MAY. 24: SENIOR SCRIBBLERS TEA PARTY at 12:30 p.m. The Scribblers invite you to a Tea Party where they will recite some of their work and distribute a booklet of their collected works. Enjoy tea sandwiches, pastries and lively discussion. Please call to sign up for this free event.

FRIDAY, MAY 26: MEMORIAL DAY BREAKFAST at the Senior Center at 9:00 a.m.

TUESDAY, MAY 30: THE ALLURE OF WATERCOLOR PAINTINGS at 1:00 p.m.

Jill Sanford, Art Historian, profiles a wide range of watercolor images from accomplished artists of earlier times to well-known artists of the 19th and 20th centuries. Learn how different approaches and techniques have achieved powerful and beautiful results in this challenging medium. Please call to sign up.

FUN ACTIVITIES (JOIN US!):

- **TOPS = "TAKING OFF POUNDS SENSIBLY"**, and they offer support and guidance in your efforts to lose or maintain your weight. They meet Fridays at 12:30 p.m.
- **BOCCE IS PLAYED** on Tuesdays at 9:30 a.m. Come on by!
- **BRAIN GAMERS** engage in fun, challenging games to keep their minds sharp.
- **CORNHOLE (BEAN BAG TOSS) IS FUN!** Join us on Mondays at 9:00 a.m.
- **SPANISH CONVERSATION** offers instruction; Tuesdays at 10:00 a.m.
- **LINE DANCING with Suzie** for \$2 on Wednesdays; beginners at 1:00 p.m. and advanced at 2:00p.m.



SENIOR CENTER WELCOME TOURS!

Call to arrange a Tour of the Center, and even a "Buddy" if you want to attend an activity or event! Look for the new "Buddy Board", on which folks can post an interest and find someone to share it.

DAILY SCHEDULE...

Monday	9am	Barber/Hairdresser	\$8/\$10
Monday	9am	Cornhole (Bean Toss Game)	Free
Monday	9am	Mexican Dominoes	Free
Monday	9:30am	Italian Conversation	Free
Monday	10am	Mah Jong	Free
Monday	10am; May 8	Genealogy Instruction	Free
Monday	11am; 1st Monday	Book Club	Free
Monday	1pm	Volleyball	Free
Monday	1pm	Mah Jong	Free
Monday	1:15pm	Movies	Free
Tuesday	9am	Cribbage	Free
Tuesday	9:30am	Chair Exercise	\$2/class
Tuesday	9:30am	Busy Bees	Free
Tuesday	9:30am	Bocce	Free
Tuesday	10am	Quilting	Free
Tuesday	10am	Spanish Conversation	Free
Tuesday	10am, by appointment	Manicures	\$8
Tuesday	10.45am	Cardio	\$3; free for Y members
Tuesday	12:30pm	Legal	Free
Tuesday	1pm	Bingo	.50/card
Tuesday	1pm	Cribbage Instruction	Free
Tuesday	1pm; 1st & 3rd Tuesdays	Chess; instruction offered	Free
Wednesday	9am	Trailblazers Walking Club	\$10 annual dues
Wednesday	9-11:00 am	Blood Sugar Testing	Free
Wednesday	10am	Quilting	Free
Wednesday	10am	Knitting: Instruction offered	Free
Wednesday	10am	Scrabble	Free
Wednesday	10am	SHINE (Health Insurance Counseling)	Free
Wednesday	10am	Chair Yoga/Meditation	\$3/class
Wednesday	11am; 2nd Wednesdays	Diabetes Support Group	Free
Wednesday	12:30pm	Barber/Hairdresser	\$8/\$10
Wednesday	12:30pm	Zumba	\$3; free for Y members
Wednesday	1:00, Beginners; 2:00 Advanced	Line Dancing	\$2/class
Wednesday	1:00	Chair Volleyball	Free
Wednesday	1pm	Senior Scribblers Writing Group	Free
Wednesday	4pm; 2nd & 4th Wednesdays	Caregivers Support Group	Free
Thursday	9am	Bridge	Free
Thursday	9 - 12pm	Blood Pressure Clinic	Free
Thursday	9am	Cribbage	Free
Thursday	9:30am	Busy Bees	Free
Thursday	9:30am	Chair Exercise	\$2/class
Thursday	10am	Discussion Group	Free
Thursday	10:45am	Cardio	\$3; free for Y members
Thursday	1pm	Open Art Studio	Free
Thursday	1pm	Bingo	.50/card
Thursday	1:15pm	Tai Chi	\$5; free for Y members
Thursday	3pm; 3rd Thursdays	Memory Café	Free
Friday	10am	Woodcarving	Free
Friday	10am; 1st & 3rd Fridays	Brain Games	Free
Friday	10am: 1st Friday	The Social Circle	Free
Friday	10:30am	Reiki	\$20 for 15 minutes
Friday	11am	Zumba	\$3: free for Y members
Friday	12:30pm	TOPS, Taking Off Pounds Sensibly	\$32/year dues
Friday	1pm	Pokeno	Free
Friday	1pm; 1st & 3rd Fridays	Podiatry Clinic	Medicare & Copay
Friday	2pm	Silvertones	Free



BREAKFAST
& LUNCH
served daily
in the
Common
Grounds
Café

CAFE
CLOSED on
5/26 & 6/2
&
CENTER
CLOSED on
5/29



Supportive Day Program



The Sunshine Club

THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.

CAREGIVER'S SUPPORT GROUP - on May 10 & 24 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

MEMORY CAFÉ is offered on the third Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant time without stress or anxiety; call to sign up.

Trips...

Date	Destination	Details	Cost
5/24/17	Staying Alive, Bee Gees Tribute Band, Lake Pearl	A great concert with Choice of Stuffed Chix Breast or Baked Scrod.	\$69/person; DRIVE ON YOUR OWN
6/1/17	Twin River Casino Lincoln, R.I.	Enjoy slots & simulcast races and more!	\$5/person, transp. only
6/8/17	Whale Watch, Plymouth, MA	Enjoy an exciting cruise to see majestic whales with Captain John. Lunch at Anna's Harborside Grille.	\$44/person; for cruise & transportation.
7/20/17	Voices of Legends Show with Eric Kearns	A terrific vocalist who does the hits of Frank Sinatra, Dino, Elvis, Neil Diamond, Tom Jones, & many more!	\$70 includes lunch, show & transportation.

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

COMPANION CAREGIVERS RESPITE PROGRAM



We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This service provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call Camille at 508 520-4945.

FOR HOME DELIVERED MEALS

TRI-VALLEY ELDER SVCS 1-800-286-6640

FOR TRANSPORTATION CALL:

KIESSLING TRANSIT 1-800-698-7676

Resellables

New & Used Resale Boutique

508-657-1960

163 Mendon Street (Rt. 140) Bellingham, MA

GENTLY USED FURNITURE & HOUSEHOLD ITEMS

15%
Senior
Discount



There's Snow Place Like Home

Discover Blair House of Milford, a Senior Care Community with stunning surroundings, outstanding services and an abundance of amenities. We welcome the opportunity to introduce you to our services and show you how Blair House can enrich your life. Here, you're not just a resident, you are family!

Our Senior Care Community Includes:

- 42 Apartment Assisted Living Residence
- Skilled Nursing & Rehabilitation Center
- Adult Day Health with New Memory Care Center Opening 2017
- Private Home Care
- Senior Transportation.


Celebrate life...

For more information, call Alissa Suitum, LSW,
Director of Community Relations at 508.958.0301
or suituma@elderservices.com

New Adult Day Health
Memory Care Center
"Opening 2017"

One Railroad Street, Milford, MA 01757 • www.elderservices.com • Family Owned & Operated




*I want a bank
that cares about
us and our
community!*



**PROBLEM
SOLVED.**

DEAN BANK
...It's my bank™

www.deanbank.com • (508) 528-0088
FRANKLIN BELLINGHAM BLACKSTONE MENDON

   Member FDIC
Member SIF

NICE CAR CARE



We Fix Cars

527 BEAVER ST., FRANKLIN
508-520-4200
www.NiceCarCare.com

Helping the community is
always a smart investment.

The Rockland Trust Charitable Foundation
is dedicated to giving back to the
communities we serve. That's why we're
happy to support the Friends of Franklin
Elders. We know that by taking action and
lending a hand to our neighbors, we're
strengthening the same communities
in which we live and work. And that's
something we can all get behind.

To learn more, visit any branch
or RocklandTrust.com

**ROCKLAND
TRUST**
Charitable Foundation


Member FDIC

**SALMON
VNA & HOSPICE**

Respected Service Leaders Joining Forces
for Superior Home Care Since 2012

**VNA
and Hospice**
OF GREATER MILFORD

*Home Care
from the Heart*



(508) 473-0862

www.SalmonVNAandHospice.com

 **EILEEN MASON**
508-380-4234 / emason4234@gmail.com

REALTOR - caring, dedicated, connected

SRES - Senior Real Estate Specialist

MBA, Notary Public

RE/MAX
EXECUTIVE REALTY

 **WALPOLE AREA
VISITING NURSE
ASSOCIATION**

Established 1909
A Legacy of Excellence
A Community Partner in Your
Health Care

Medicare Certified Home Health Agency

508-668-1066

Ask for us by Name
www.wavna.org

**Full Service
Junk Removal Company**
From Single Item to Multiple Truckloads



**Affordable
JUNK REMOVAL**
'You Don't Lift A Finger'

- Residential & Commercial
- Garage, Attic, Office Clean-Outs

\$274 Dumpster Rentals

"We Take Everything!"

774-287-1133
affordablejunkremoval@gmail.com
TakeAwayJunk.com

CHARLES F. OTERI & SON
Franklin Funeral Home

33 Cottage St. • Franklin, MA 02038
(508) 528-0011

Charles F. Oteri - Type 3
Sean A. Oteri - Type 3
Licensed Directors

www.oterifuneralhome.com
oterifuneralhome@verizon.net




**YOUR
AD
HERE!**

PLEASE CALL
(508)
541-7911

Home, Hospice, Private Care
& Adult Day Health Care



Community VNA.
www.communityvna.com

Serving Franklin, call us for care! 800-220-0110

KEEFE INSURANCE AGENCY, INC.
"Personal and Professional Service since 1913"

Auto • Home • Business • Life • Financial Planning

Bob Keras/Peter Brunelli

51 West Central Street, Franklin, MA 02038
508 528-3310/www.keefeinsurance.com

Visiting Practitioners, LLC.
Lyn O'Brien, PhD RN/NP
*Comprehensive Medical Care at
Home*
(508) 530-3140

Information & Referral...

- ♦ **ATTENTION ALL KOREAN WAR VETERANS!** Franklin's Director of Veterans' Services, Dale Kurtz, is looking for local Korean War Veterans. **If you served in the Korean War between June 25, 1950 and July 27, 1953**, you may be eligible for the **KOREAN AMBASSADOR FOR PEACE MEDAL. (Your DD Form 214 is required.)** This commemorative medal is an expression of appreciation from the Korean government to American servicemen and women who served in Korea or in Korean waters or airspace during the Korean War. It is our hope that we will present these medals at the **Annual Veterans' Memorial Day Breakfast on May 22, 2017, at the Franklin Senior Center.** Applications can be obtained at the Veterans' Services office at the Franklin Senior Center. Call: (508) 613-1315 or Email: dkurtz@franklin.ma.us for more information.
- ♦ **ATTENTION LIFELINE PARTICIPANTS!** If you recently received a letter requesting a copy of your tax return to remain on the program, but you don't file taxes, please call Erin or Maggie at 508 520-4945.
- ♦ **THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)** is a resource you can use! A SNAP card is like a debit card you can use at grocery stores and farmers markets to buy food. You may get a SNAP card if your gross income (before taxes) is below: \$ 1,980/month for 1 person or \$ 2,670/month for 2 persons. There is NO asset test for most SNAP households. (Special rules apply for persons with disabilities and elders above these income limits - call DTA to find out more.) Most everyone aged 60+ who is enrolled in the Medicare Extra Help Program for Prescription Drugs can also enroll into SNAP. And you may qualify for a utility discount too! Your monthly SNAP benefit will be between \$16 and \$194. The benefit is based on your income and your living costs. And you may get more SNAP if you can prove your out-of-pocket medical costs, including co-pays, over-the counter health supplies, travel, etc. To learn more, call the Senior Center or go to: www.mass.gov/snap



Thank You

- **The Friends of Franklin Elders** for funding the Memorial Day Breakfast & entertainment for our April party.
- **Rosemary Gatti** for a generous donation in memory of **Virginia Twombly**
- **Shirley's Chair Exercise Class** for a generous donation in memory of **Ginny Twombly**
- **Susan M. Simeone** for a generous donation in memory of **Ginny Twombly**
- **Claire Lewis** for a generous donation in memory of **Ginny Twombly**
- **The "Monday Kitchen Crew", Joyce, Florence, John, Mary, Wayne, Paul, Jennifer, Pat, Jackie & Carol,** for a generous donation in memory of **Marie Harrison**
- **Clare Flynn** for a generous donation in memory of **Virginia Twombly**
- **Jodi Kanadanian, Connie Lievano, Josephine Bergano, Carol Sheck, Jackie Higgins, Nicoletta DiNunzio, Lorraine Buchman, Eileen Burnard & Dottie Perchard** for donating items to our Gift Shop.

Monday Matinee

Movies shown on Mondays, 1:15 pm

May 1: 20th CENTURY WOMEN (R) In the summer of 1979, a single mom who owns a boardinghouse decides the best way to parent her teenage son is to enlist her young tenants to serve as role models in a changing world; with Annette Bening & Greta Gerwig.

May 8: COLLATERAL BEAUTY (PG13) A man suffers a great tragedy and retreats from life to seek answers by writing letters to Love, Time and Death; with Will Smith & Helen Mirren.

May 15: THE FOUNDER (PG13) The true story of Ray Kroc, a struggling salesman who met Mac and Dick McDonald, who were running a burger operation in 1950's. Kroc saw franchise potential in the brothers' system of making fast food; with Michael Keaton & Laura Dern.

May 22: LA LA LAND (PG13) An aspiring actress and musician struggle to live in a city known for crushing hopes and breaking hearts. This original musical explores the joy and pain of pursuing dreams; with Emma Stone & Ryan Gosling.



Friends of Franklin Elders

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for Friday, May 19. You are welcome to attend!



Generous Donations

- ◆ Pearce & Maureen Murphy
- ◆ Maureen E. Ward
- ◆ Jeanne Scoba
- ◆ Jean & Roger Bachelder

Memorial Donations

- ◆ Mary Gifford in memory of Charles W. Gifford, Mary & Nick Longobardi
- ◆ Paul & Margaret Holst in memory of Robert Kaufman
- ◆ Ellien Kazijian in memory of Denise M. McDowell
- ◆ Dona P. Mackintosh in memory of Donald Mackintosh
- ◆ Carol F. Bethoney in memory of Garry Bethoney
- ◆ Stella E. Forti in memory of Dominick Forti
- ◆ Grace Galanti in appreciation of Karen Alves
- ◆ Marie Petitt in memory of Everett J. Petitt, Jr.
- ◆ Mary Sweeney in memory of George Sweeney
- ◆ Roger & Roberta Trahan in memory of Vincent & Alma DeBaggis
- ◆ Maria L. Arcaro in memory of Louis G. Arcaro
- ◆ Judith Ferland in memory of Randall & Alice Bernat
- ◆ Mark Nietzel in memory of Carole Balabanis
- ◆ June Ray in memory of Joseph M. Ray

Memorial Donations

- ◆ Mary Brunelli in memory of Albert Brunelli
- ◆ Donato Caravaggio in memory of Antonio & Concetta Caravaggio
- ◆ Theresa Carrano in memory of Anthony & Jen Carrano
- ◆ Ellen Ford in memory of Helen Quinn
- ◆ Marjorie Hanavan in memory of William Hanavan
- ◆ Keefe Insurance Agency in memory of Albert "Pete" Brunelli
- ◆ Barbara Ann Kelly in memory of Deceased Pip Girls
- ◆ Nancy Langevin in memory of Arthur Langevin
- ◆ Ann McCarthy in memory of John
- ◆ Virginia Twombly in memory of Twombly Skaza Grace Family
- ◆ Hedwig Vonnegut in memory of Karl Vonnegut
- ◆ Maria Dalo in memory of Raymond Tucci
- ◆ Lucy Semerjian in memory of Violet Apalakian
- ◆ Richard Apalakian in memory of Tony Cornetta
- ◆ Helen Blinstrub in memory of Al Blinstrub
- ◆ Carol Gillespie in memory of Mary M. Mossman
- ◆ Margaret Rettman in memory of Pauline Robinson
- ◆ Gloria Rollinson in memory of Anthony Cornetta & Raymond Tucci
- ◆ Pam & Frank DeGrazia in memory of Bob Rappa
- ◆ Donald Desmond & Family in memory of Mary Flynn
- ◆ Lorna Doubet in memory of Frieda Symmes
- ◆ Mary Gilmore in memory of John Gilmore
- ◆ Edward & Mary Hick in memory of Deceased Members of the Senior Center
- ◆ Ron & Mary Higginbottom in memory of Lou Blaine, Jane Christy, Bob & Gen Gagnon
- ◆ Aldora Sacchetine in memory of Mario & Diane Sacchetine
- ◆ Clare M. Flynn in memory of James P. Flynn
- ◆ Janet Alberti in memory of Anthony Alberti
- ◆ Pat & Jack Crehan in memory of Joan Fagan

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....Bob Crowley
Secretary.....Barbara Deely

Members:

Gail Chirdon, Mary Hick, Ron Higginbottom,
Lyn O'Brien, Suzanne Wade & Lester Quan

Staff:

Certified DirectorKaren Alves
Program Coordinator.....Sue Barbour
Vet's Agent.....Dale Kurtz
Social Svc. Coordinators.....Maggie Gundersen
& Erin Rogers
Supportive Day Coordinators.....Carol Adiletto
& Donna Haynes
Supportive Day Program Aide.....Donna Brunelli
Health & Wellness Nurse.....Linda Hastings
Receptionists.....Claire Lewis
& Gloria Gelineau
Grill Cook.....Paul Ledwith
Respite Supervisor.....Camille Rubino
Respite Companions.....Karen Calabrese,
Mary Claire Flaherty & Susan LaRosa

**The Franklin Connection is distributed with
funds provided by the Executive Office
of Elder Affairs, and the Friends of
Franklin Elders, Inc.**

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and
quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those
needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and
physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state
and Federal resources for older adults and their families.

And On The Lighter Side...

PUNNY

- ⇒ There was a man who entered a local paper's pun contest. He sent in ten
different puns, in the hope that at least one of the puns would win. Unfor-
tunately, no pun in ten did.
 - ⇒ A man rushed into the doctor's office and shouted, "Doctor! I think I'm
shrinking!" The doctor calmly responded, "Now, settle down. You'll just
have to be a little patient."
 - ⇒ Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of
calluses on his feet. He also ate very little, which made him rather frail and with his unusual diet, he
suffered from bad breath. This made him what? A super callused fragile mystic plagued with halitosis.
 - ⇒ A local monastery was going bankrupt. The abbot didn't know what to do. The brothers had a meeting,
and decided to open a great Olde English Fish-N'-Chips stand. One day, a man knocked on the door.
After one of the brothers answered the door, the man asked, "May I have just an order of fries?"
The brother said, "Hold on a moment. I'm the fish friar. You want the chip monk."
-
- ◆ I have neither the time nor the crayons to explain this to you...
 - ◆ Everybody wants to change the world but nobody wants to change the toilet paper roll.
 - ◆ A poem about work: Coffee. Blah, blah, blah. Drive home. Wine.

